



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
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State Health Department Announces Fruits and Veggies “Tip Contest”

BISMARCK, N.D. –The *Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest* kicks off today, according to Deanna Askew, healthy weight coordinator for the North Dakota Department of Health.

The North Dakota 5 + 5 Communities Program and the North Dakota Department of Health are sponsoring the contest, which will award North Dakota families with prizes and recognition for sharing their original and creative ideas for serving fruits and vegetables.

According to the Dietary Guidelines for Americans, people who consume generous amounts of fruits and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, type 2 diabetes, and certain types of cancer.

“No matter how many fruits and vegetables you and your family are eating now, everyone can benefit from eating just one more,” Askew said. “We know there are a lot of creative ideas being used by families across the state, and we want to help build a *Healthy North Dakota* by sharing those ideas with each other.”

Linda Inman of Grand Forks has made several changes to help increase her family’s fruit and vegetable intake over the years. Linda serves a veggie tray and fruit tray whenever her children and grandchildren are over for a meal. “I think of it as a gift I give them,” Inman said. For submitting her idea to the national *Fruits & Veggies – More Matters Challenge* last year, Linda was acknowledged as North Dakota’s winner.

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Visit the health department home page at www.ndhealth.gov.

To enter the Tip Contest, visit www.health.state.nd.us/5plus5/ and click on *Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest*. Using the form provided, complete your contact information and your idea for “Getting Smart About Fruits and Veggies.”

- Share how you include MORE fruits and vegetables as you shop, in your family dinner, or as you eat “on the go.”
- All forms of fruits and vegetables count! Use fresh, frozen, canned, dried, or 100 percent juice in your meal or snack idea.
- Any eating occasion is valid: breakfast, lunch, dinner or snack time.
- Tell us how you get your family involved in the process of healthy meal preparation with fruits and vegetables.

The contest runs through Feb. 15, 2008. Entries also may be faxed to 701.328.1412 or mailed to the North Dakota Department of Health; 600 E. Boulevard Ave., Dept. 301; Bismarck, ND 58505-0200. Be sure to include your name, address, phone number and e-mail address.

Winners of the *Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest* will be announced in March 2008, National Nutrition Month.

The 5 + 5 Communities Program is celebrating 10 years in 2008, and encourages and supports North Dakota communities in their quest to help their citizens lead healthier lives and build a Healthy North Dakota. Goals of the 5 + 5 Program are to encourage North Dakotans to eat fruits and vegetables five times a day and to encourage North Dakotans to be physically active for 30 minutes at least five days a week.

For more information, contact Deanna Askew, North Dakota Department of Health, at 701.328.4568 or Karen Ehrens, 5 + 5 Communities coordinator, at 701.223.2616.

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